

**Reposition that Mirror Workshop
Exercise
Know Your Story**

Write out/outline - an accomplishment that you are proud to have completed, or a struggle that you are proud to have overcome.

Write out/outline - an accomplishment that you helped someone else achieve, or a struggle that you have helped someone else overcome.

Write out/outline - an area of your life that you are, right now, “working” at overcoming.

Share one of the above with someone sitting next to you – later today, share your stories with a friend, a co-worker, or a family member.